

Delicata Squash Smil - Delicata Squash Smiles

Recipe:	R-2920	HACCP Process:	Same Day Service		
# of Servings:	50.00	Serving Size:	1/2 cup	Source:	VT Harvest of the Month
Grams Per Serving:	129.73	Fat Change %:	0.00	Moisture Change %:	0.00

Ingredients	Measurements	Directions
Delicata Squash	14 LB	<p>CCP: Heat to 155° F or higher for at least 15 Seconds</p> <ol style="list-style-type: none"> 1. Preheat oven to 350 degrees. 2. Cut squash in half lengthwise. Scoop out seeds. Place squash open side down on cutting board and cut short "smiles." 3. Place smiles in a bowl. Add oil, salt and pepper, then toss until evenly coated. 4. Place on baking sheet, sprinkle with cinnamon (optional), and roast in oven for 15-20 minutes or until a fork goes through easily. <p>CCP: Hold for hot service at 135° F or higher</p>
Oil, olive, salad or cooking	1/2 CUP	
Salt, table	1/2 OZ	
PEPPER, BLACK, GROUND	1/2 OZ	

Notes:

Production Notes: "Vermont Harvest of the Month provides ready-to-go materials to promote local food in your classroom, cafeteria and community. Find recipes, lessons, and more online at www.VermontHarvestoftheMonth.org."

Serving Notes:

Nutrients Per Serving:		(per 1/2 cup)			
Calories	41.494	Trans Fat (gm)	0.000*	Iron (mg)	0.013
Protein (gm)	0.728	Chol (mg)	0.000	Calc (mg)	0.090
Carb (gm)	5.208	Vit A (IU)	0.000	Sodium (mg)	109.920
Tot Fat (gm)	2.160	VitC (mg)	0.000	Fiber (gm)	2.240
Sat Fat (gm)	0.298			Sugars (gm)	2.240*

Note: * means nutrient data is missing or not available.

Meal Components:		(per 1/2 cup)				
		----- Vegetables (Cups) -----				
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	0.5
Whole Grain- Rich (Oz. Eq.)	Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)	Fluid Milk (Cups)			

Allergens:

No Listed Allergens